

ELKRIDGE 50+Center

January, February, March 2023



6540 Washington Blvd

Elkridge, MD 21075

410-313-5192

Center Email

elkridge50@

howardcountymd.gov

Monday Wednesday Friday

8:30am - 4:30pm

Fitness Room

8:30am - 4:00pm

Tuesday Thursday

8:30am - 7pm

Fitness Room

8:30am - 6:45pm

Program & Inclement

Weather Status Line

410-313-7777

Newsletter Online

www.howardcountymd.

gov/elkridge50

Volunteer Website

www.hocovolunteer.org

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New Year New Possibilities

HOW TO FULFILL ON
WHAT MATTERS TO YOU MOST

Wellness Programs:

Nutrition Discussions

Revive Physical Therapy

Zen Leaf Lunch & Learn

Acupuncture & Herbal Medicine

Audiology Presentation

Cultural Programs:

Lunar New Year Celebration

Janice Curtis-Greene and Freedom Stories

Tom Glenn, Bitter Memories: The Fall of Saigon

Learning and Support:

How to Interview a Realtor

Ageism Discussion

SCAMO Bingo Game

Creativity and Fun:

"Souper" Bowl Lunch

Card Making

Chocolate Pairings

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing

GENERAL INFORMATION

50+ Center Staff

Jeannie DeCray, Director

jdecray@howardcountymd.gov
410-313-5175

Jodi Bargamian, Assistant Director

jbargamian@howardcountymd.gov
410-313-5174

Nakear Frazier, Registrar

nafrazier@howardcountymd.gov
410-313-5172

Hyeri Choi, Registrar/Utility

hychoi@howardcountymd.gov
410-313-5173

Diamynn Hill, MAP Specialist

dhill@howardcountymd.gov
410-313-1234

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated. Thank you!

How can I get the newsletter sent to my inbox?



Just click on this link to sign up in Constant Contact.

<https://bit.ly/HoCosubscribe>

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment For Programs & Classes

*Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website:*

<http://apm.activecommunities.com/howardcounty> Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.



ADJUSTED HOURS OR CENTER CLOSURES

January 2, New Year's Day




January 16, Martin Luther King Jr. Day

February 20, President's Day



JANUARY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed 	3 9 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	4 8:30 MAP 9 Walking Club 9 Pilates \$ 1 Better Balance \$ 2 Arthritis Exercise \$	5 9 Walking Club 9:30 Nutrition Consultations 11 Nutrition Ed 10 AgeWell \$ 11 Thursday Tech Time 12 Lunch	6 9 Walking Club 11 Bingo 1 Strength Training \$ 2 Game Time
9 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 UMD Nutrition Ed 1 Better Balance \$ 2 Arthritis Exercise \$	10 9 Walking Club 10 Agewell \$ 11 BMI 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	11 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Advanced Beginner Yoga \$ 11 Officer Cromwell 1 Better Balance \$ 2 Arthritis Exercise \$	12 9 Walking Club 10 Agewell \$ 10 Caretalks 11 SCAMO Game Consumer Protection 11 Thursday Tech Time 12 Lunch	13 9 Walking Club 9 Legal Aid 10 Yoga \$ 1 Strength Training \$ 2 Game Time
16 Center Closed Martin Luther King Jr. Day 	17 9 Walking Club 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 5 ESL Class \$	18 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Games with Nakear 1 Better Balance \$ 2 Arthritis Exercise \$	19 9 Walking Club 11 Thursday Tech Time 12 Lunar New Year Lunch 1 Movie	20 9 Walking Club 10 Yoga \$ 11 Bingo 2 Game Time 2 Freedom Stories
23 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	24 9 Walking Club 10 AgeWell \$ 11 Knitting Club 11:15 Tasty Tidbits 12 Lunch 1 Bridge Club 1 Chess Club 1 Tom Glenn 5 ESL Class\$	25 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Advanced Beginner Yoga \$ 11 Revive PT 1 Better Balance \$ 2 Arthritis Exercise \$	26 9 Walking Club 10 AgeWell \$ 11 Zen Leaf 11 Thursday Tech Time 12 Lunch 1 Book Club	27 9 Walking Club 10 Yoga \$ 11:15 Acupuncture and Herbal Medicine Lunch & Learn 1 Strength Training \$ 2 Game Time
30 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	31 9 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 5 ESL Class \$			

FEBRUARY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9 Walking Club 8:30 MAP 9 Pilates \$ 10 Advanced Beginner Yoga \$ 11 Officer Cromwell 1 Better Balance \$ 2 Arthritis Exercise \$	2 9 Walking Club 9:30 Nutrition Consultations 10 Watercolor \$ 10 AgeWell \$ 11 Thursday Tech Time 11:15 Heart Healthy Oatmeal Bar Brunch	3 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
6 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 1 UMD Nutrition Ed 2 Arthritis Exercise \$	7 9 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 1 How to Interview a Realtor 5 ESL Class \$	8 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Advanced Beginner Yoga \$ 11:15 MAP Devices 1 Better Balance \$ 2 Arthritis Exercise \$	9 9 Walking Club 10 AgeWell \$ 10 Care Talks 10 Watercolor \$ 11 Thursday Tech Time 12 "Souper" Bowl Lunch  1 Ageism	10 9 Walking Club 9 Legal Aid 10 Yoga \$ 1 Strength Training \$ 1 Card Making \$ 2 Game Time
13 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	14 9 Walking Club 10 AgeWell \$ 11 Knitting Club 11 Chocolate Pairings 12 Valentine Lunch 1 Rearview Mirror 1 Bridge Club 1 Chess Club 5 ESL Class \$	15 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Heart Health & Exercise 1 Better Balance \$ 2 Arthritis Exercise \$	16 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time 12 Lunch 1 Movie	17 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
20 Center Closed President's Day 	21 9 Walking Club 10 AgeWell \$ 11 Knitting Club 11 OTC Hearing Aids 1 Bridge Club 1 Chess Club 5 ESL Class \$	22 8:30 MAP 9 Walking Club 9 Pilates \$ 1 Better Balance \$ 2 Arthritis Exercise \$	23 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time 11:15 Tasty Tidbits 12 Lunch 1 Book Club	24 Walking Club 10 Yoga \$ 1 Strength Training \$ 2 Game Time
27 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	28 9 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 5 ESL Class \$			

MARCH AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	2 9 Walking Club 9:30 Nutrition Consultations 10 Watercolor \$ 11 Nutrition Ed 11 Thursday Tech Time 10 AgeWell \$ 12 Lunch	3 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 1:30 Influential Women Artists 2 Game Time
6 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ 1 UMD Nutrition Ed	7 9 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 5 ESL Class \$	8 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	9 9 Walking Club 10 AgeWell \$ 10 Care Talks 10 Watercolor \$ 11 Thursday Tech Time 12 Lunch 1:30 Carroll County Cloggers	10 9 Walking Club 9 Legal Aid 10 Yoga \$ 1 Strength Training \$ 2 Game Time
13 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	14 9 Walking Club 10 AgeWell \$ 11 Knitting Club 11 Women of Baltimore 12 Lunch 1 Bridge Club 1 Chess Club 5 ESL Class \$	15 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Officer Cromwell 1 Better Balance \$ 2 Arthritis Exercise \$	16 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time 12 St Patrick's Day Lunch  1 Giant Foods	17 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
20 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 10 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	21 9 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 1 Movie 5 ESL Class \$	22 8:30 MAP 9 Walking Club 9 Pilates \$ 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	23 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time 11:15 Tasty Tidbits 12 Lunch 1 Book Club	24 9 Walking Club 10 Yoga \$ 10 AARP Smart Driver \$ 1 Strength Training \$ 2 Game Time
27 9 Walking Club	28 9 Walking Club 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	29 9 Walking Club 8:30 MAP	30 9 Walking Club 12 Lunch 1 Community Action Council Food Bank Services	31 9 Walking Club 11 Medicare Lunch And Learn 2 Game Time

ONGOING PROGRAMS

**Please reserve your spot for all programs with a front desk staff person.
Thank you!**

Maryland Access Point in Person (MAP)

Don't know where to turn for resources in Howard County? Our MAP professionals are here to provide information for your real life questions. Free

8:30am - 4pm Wednesday

Legal Aid

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers: family law, public benefits, consumer law, housing issues, and elder law. Free

9am - 12pm Second Friday

Care Talks

The Caregiver Support Program will be at the ElkrIDGE 50+ Center on the second Thursday of the month from 10am-12pm by appointment only. Free

To schedule an appointment, please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov

10am - 12pm Second Thursdays

Needlework and Crafting Club

Enjoy the company of fellow crafty and creative folks as you knit, crochet, work on needlework or your crafting projects. Free

11am - 12pm Tuesdays



Chess Club

Checkmate! Be a part of the resurging interest in chess following the acclaimed Netflix series "The Queen's Gambit." Chess is a great way to play, socialize, and exercise your brain! Free

1 - 2:30pm Tuesdays

Bridge Club

Enjoy drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some experience is required. Free

1 - 4pm Tuesdays

Wii Bowling

Drop in for an hour of engaging virtual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you! Free

10 - 11am Third Wednesdays

Thursday Tech Time

Puzzled about new technology? Want to learn more about your smart phone, tablet or laptop? Register for a 20 minute session with one of our wonderful tech volunteers. Bring your device. Registration required. Free

11am - 12pm

First, Second, Third & Fourth Thursdays

Book Club

Enjoy great conversation and connection over a good book! Join our discussions and share your perspective as we discuss:



1/26: *Transcription* by Kate Atkinson

2/23: *The Book of Lost Friends* by Lisa Wingate

3/23: *What the Wind Knows* by Amy Harmon

1 - 2pm Fourth Thursdays

Bingo

Enjoy bingo and play for simple prizes and fun with all your Center friends. Free

11am - 12:30pm First and Third Fridays

Game Time

Find some Friday fun playing board games and cards in the lounge. Free

2 - 4pm Fridays

EVENTS CLASSES AND PROGRAMS

Let's Do Lunch!

The congregate meal program has returned to the ElkrIDGE 50+ Center! Howard

County residents aged 60 and over and their spouses of any age are eligible to participate in this program and are asked to make a voluntary, confidential donation. Congregate lunches are open to participants under age 60 for a \$7 fee based on the value of the program. All the Howard County 50+ Centers serve meals that have been planned and approved by a registered dietitian.

Schedule: Tuesdays and Thursdays at 12PM

Registration: Sign up at least one week in advance at the Center or by calling 410-313-5192.

Menus are available at:

www.howardcountymd.gov/OAlmenus



Nutrition Education: How Your Nutritional Needs Change with Active Aging

Join registered dietitian Carmen Roberts for a discussion on how your nutritional needs change with each decade of life and how changing your eating habits can help you thrive into 60's, 70's and beyond.

Jan 5, 11am - 12pm Th

Free

Korean Calligraphy

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing.

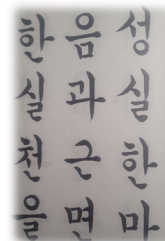
Learn about how to create beauty with language. Taught by, Chung Sook Kang. Supply list at the front desk.

No class 1/16, 2/20

Jan 9 9:30 - 10:30am M

\$76 / 9 classes

A05525.200



Asian Brush Art

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by, Chung Sook Kang. Supply list at the front desk.

No class 1/16, 2/20

Jan 9 10:30am - 12pm M

\$95 / 9 classes

A05524.200



January is Book Month!

Book club meets the fourth Thursday 1 - 2pm.

Look for the special symbols to help you find featured programming:



MLK Day programs



Black History Month



Heart Health Month



Nutrition Month

Disclaimer:

"Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

EVENTS CLASSES AND PROGRAMS

UMD Nutrition Talk with Karen Basinger: Nutrition Doesn't Come In A Pill

A pill isn't the magic answer to health issues. It doesn't make a poor diet better. In fact, some pills may cause harm and can be expensive. Learn ways to improve your diet and lifestyle be less reliant on a pill.



Jan 9 1 - 2pm M
Free

Baltimore Museum of Industry: Turn of the Century

The port, shipbuilding, needle trades and food processing were prosperous industries in 19th century Baltimore. The Great Baltimore Fire brought businesses to a halt. Despite the challenges, Baltimoreans rebuilt while addressing Women's suffrage, slum housing, racial discrimination and child labor. Presented by Jack Burkert. Free

Jan 10 11am - 12pm Tu
Free

Police Officer Christopher Cromwell

Stop by for the community safety scoop with Officer Cromwell. Bring your questions and concerns.

Jan 11 11am - 12pm W
Free

SCAMO Bingo Game

Introducing **SCAMO**, a Bingo-style game that helps players learn about scams in a fun familiar format, using bingo cards to learn about scams and scam-fighting strategies from our Scam Squad partner, Lila Boor, of the Consumer Protection Division

Jan 12 11am - 12pm Th
Free

Wheel of Fortune with Nakear

How about a spin of that wheel! Join Nakear and your Center friends for fun and laughter as you try to solve the puzzle.

Jan 18 11am - 12pm W
Free

ESL Class Learning English

Improve your practical English with this ESL class. Practice your speaking, listening, reading and writing skills for real-life situations. Topics include: health and wellness, community resources, housing, banking, and computer/internet use.

Jan 17 - Mar 21 5 - 6:30pm Tu
\$64 / 10 classes

[A05613.200](https://www.a05613.200)



Lunar New Year Lunch Celebration

Join in the fun and celebration of the Lunar New Year. Enjoy delicious Chinese food with all your center friends. The official date of the Chinese New year is January 22 and 2023 is the year of the rabbit. Lunch is by donation. Please reserve your spot by signing up in the lunch book at the front desk.



Jan 19 12 - 1pm Th

Movie: Elvis

The life story of American music icon Elvis Presley, from his childhood to becoming a rock-n-roll and movie star. This film delves into the complex relationship between Elvis and his manager Colonel Tom Parker.

PG-13. Free
Jan 19 1 - 3pm Th
Free

EVENTS CLASSES AND PROGRAMS

Honoring Martin Luther King Jr: Janice Curtis-Greene: Freedom Stories



Shh, listen, that's the sound of freedom. Hear stories of Freedom from Master Storyteller, Janice Curtis Greene, the Official Griots for the State of Maryland, as she takes you on a journey through freedom. This program will consist of folktales, folklore, personal stories, historical recounts and songs that reminds the audience that Freedom takes many forms.

Jan 20 2 - 3:30pm F
Free

Tasty Tidbits with Cheryl

Dip into some new flavors with these protein packed dips made with Greek yogurt. They are perfect to pair with your favorite fresh veggies and whole grain chips.

Jan 24 11:15am - 12pm Tu
Free

Tom Glenn, Author:

"Bitter Memories: The Fall of Saigon"

A speaker of Vietnamese, Chinese, and French, Glenn spent thirteen years as a National Security Agency operative trundling between the U.S. and South Vietnam, working under cover with army and Marine combat units. He was caught in Saigon when it fell to the North Vietnamese and escaped under fire.

Jan 24 1 - 3pm Tu
Free

Revive Physical Therapy: Preventing Shoulder and Knee Injuries



Join Dr. Renuka Jain as she discusses common shoulder knee/joint issues and how to prevent them. Stay safe as you move into your New Year's fitness goals.

Jan 25 11am - 12pm W
Free



Zen Leaf Lunch and Learn Medical Cannabis Explained

Join Krissy Bernazani, Clinical Director and Pharmacist for an introductory explanation to medical cannabis. Learn about the possible benefits for certain medical conditions, how it's grown and processed, what products are available to patients, methods of consumption, history of the plant and prohibition, legal usage, how to become a patient in Maryland and more. Presentation is free. Lunch by donation; please sign up in the lunch binder at the front desk.

Jan 26 11am - 1pm Th
Free



Acupuncture and Herbal Medicine Explained

Join Drs. Sharon Jennings-Rojas, Michelle McNear and Daniel Schrier as they explain acupuncture and Herbal Medicine. Enjoy an exchange of ideas as you learn about alternative complementary practices and how they may benefit your overall health. Understand why, where and how these practices may complement traditional western medicine. Presentation is free. Lunch by donation; please sign up in the lunch binder at the front desk.

Jan 27 11:15am - 12:45pm F
Free



Police Officer Christopher Cromwell

Join Officer Cromwell for conversation regarding community safety and neighborhood concerns.

Feb 1 11am - 12pm W
Free

EVENTS CLASSES AND PROGRAMS

AARP Income Tax Preparation by Appointment only

**Wednesday, 10am-4pm
February 1 - April 12**

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the ElkrIDGE 50+ Center on Wednesdays from 10am-4pm. This service is by appointment only. All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ☐ Bring Social Security cards for anyone listed on your return.
- ☐ Bring 2021 state and federal tax returns.
- ☐ Bring 2022 tax records with you.
- ☐ If you had investment transactions during 2022, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-2373**. Appointments will not be scheduled until January 16, 2023. You will need to leave a message. Include your name and specify that you would like your appointment at the ElkrIDGE 50+ Center. A scheduler will call you back to confirm the date and time. For those who would like to schedule an appointment online click this link:

[AARP Tax Aide Locator](#)

For all other tax questions, call AARP directly at **888-227-7669**.

**TAX APPOINTMENTS ARE NOT
SCHEDULED BY CENTER STAFF and TAX
PREPARERS ARE NOT AVAILABLE TO
ANSWER PHONE INQUIRIES.**

Heart Healthy Oatmeal Bar Brunch!



Make it your way! Have fun and get creative in filling your bowl. Start with oatmeal and then all the toppings. Yum! This is a brunch by donation. Please sign up in the lunch book and note the time difference to 11:15am.

Feb 2 11:15am - 12:15pm Th

Watercolor Class

Learn the basic techniques of watercolor painting with artist/instructor, Gary Peddicord. Work on still life, landscapes, seascapes and more. Explore your creativity! Contact front desk for a supply list.

Feb 2 10am - 12pm Th

\$24 / 8 classes

[A05505.200](#)

UMD Nutrition talk with Karen Basinger: Mediterranean Diet



What is the Mediterranean diet? Learn why it's a valuable tool in dealing with heart, brain and cancer health issues. See how you might implement the Mediterranean diet in your life.

Feb 6 1 - 2pm M

Free

How to Interview a Realtor

Selling your home may be the biggest financial decision of your life. Learn how to interview/hire the agent who will make the home sale process less stressful for you. This class will teach you how to determine an agent's experience/success, style, and reputation - all by asking some critical questions.

Feb 7 1 - 2pm Tu

Free

EVENTS CLASSES AND PROGRAMS

Resources and Devices to Help You Remain Independent

February is National Senior Independence Month. Staff from OAI, Maryland Access Point and the Community Living Program will share resources and devices to help you live independent and full lives. Learn about Community resources. Get hands-on demonstrations of devices, gadgets and durable medical equipment that help make activities of daily living easier.

Feb 8 11:15am - 12:15pm W

Free

"Souper" Bowl Lunch

A twist on Super Bowl Sunday. Join us for a special soup lunch with fun treats! Lunch by donation. Please sign up in the lunch book at the front desk.

Feb 9 12 - 1 pm Th

Ageism Discussion

Ageist beliefs can have serious impact on our quality of life and how long we may live. The first step in combatting negative age beliefs is awareness. Explore where ageism comes from, how ageist beliefs impact us, and ways to combat ageism in our lives.

Feb 9 1 - 2pm Th

Free

Card Making with Jayne Hansen

Create three beautiful cards to share with family and friends. Fee will cover the cost of all materials.

Feb 10 1 - 2pm F

\$15/3 Cards

[A05508.200](https://www.a05508.200)

Chocolate Pairings

Sometimes things are just better in pairs! Chocolate will pair with a number of flavors and foods; the combinations can be surprisingly delicious! Explore a variety of chocolate taste combinations with Jeannie and Jodi!

Feb 14 11am - 12pm Tu

Free

Valentines Lunch

Join us for a lovely luncheon and **performance by Rearview Mirror.**

Tap your toes and sing along. Reminisce with romantic songs from years gone by. Lunch by donation. Please sign up in the lunch book at the front desk. **Lunch at 12pm, entertainment at 1pm.**

Feb 14 12 - 2pm Tu

Free



Heart Health and Exercise

Join Rachel Filar, Exercise Specialist, for a discussion on heart health. Learn why exercise is important and how beneficial it is in managing heart health. Rachel will cover various exercise and techniques that may support heart health and decrease risk for cardiovascular disease.

Feb 15 11am - 12pm W

Free



Movie Time: *Where the Crawdads Sing*

A murder thriller based on the best selling book. Set in the deep south, a self-raised young woman becomes a suspect in the murder of a man she once knew.

Feb 16 1 - 3pm Th

Free



Over the Counter Hearing Aids

Please join Dr. Mary Carson, audiologist and owner of Clarity Audiology & Hearing Solutions, for a presentation on the difference between over-the-counter (OTC) and prescription hearing aids. She will discuss clinical implications for both hearing aid classes as well as the importance of properly diagnosing and treating hearing loss under the care of a licensed professional. Dr. Carson will also highlight the link between hearing loss and social, cognitive, and physical well-being.

Feb 21 11am - 12pm Tu

Free

EVENTS CLASSES AND PROGRAMS

Tasty Tidbits with Cheryl

Including fiber-rich oats in your breakfast or snacks is a great way to celebrate Heart Month. Learn how to make quick, healthy no-bake energy bites which can be enjoyed as a snack, breakfast, or as dessert.

Feb 23 11:15am - 12pm Th

Free

Food Allergy or Intolerance?



Do you suspect that you may have a food allergy or intolerance? Join registered dietitian, Carmen Roberts, to learn more about the signs and symptoms of both and how to navigate your diet to minimize your symptoms.

Mar 2 11am - 12pm Th

Free



African American Women Artists with International Ties

Celebrate women with this 90-minute program highlighting women visual artists of African descent from the mid 1860's to the present. Learn about their connections to Europe, Ethiopia, Ghana, Haiti, Kenya, Mexico, and Nigeria. The artists' representational and abstract works cover a wide range of mediums, including: painting, sculpture, printmaking, textile, and mixed media. Enjoy open discussion and time for reflection about the artists' stylistic techniques, personal stories, and relevant art history. Presented by L. Ann Benjamin, a BMA docent and community volunteer, with a background in education and a love of the arts!

Mar 3 1:30 - 3pm F

Free

UMD Nutrition Talk with Karen Basinger:

Plant Based Nutrition: What it is and what it involves



Plant based foods are taking over the grocery stores. But are all plant based foods equal? Learn about the benefits of a plant based diet, how to move towards plant based diet and learn how to spot the not so healthy food in the plant based world.

Mar 6 1 - 2pm M

Free

Carroll County Cloggers

The origins of clogging come from the Appalachian Mountain folk dances of the 1800's. Folk dances were often a mix of the jigs and step dances brought to America by English, German, Scottish, and Irish settlers. Clogging is characterized by the footwork. Contrary to popular belief, modern American clogging does not involve wooden clogs. The Carroll County Cloggers are the longest continuously active clogging group in Maryland.

Join us for this fun and lively performance!

Mar 9 1:30 - 2:30pm Th

Free



Women of Baltimore

Join public historian Jennifer Liles for stories of the women who made history but not headlines. Women who worked in the factories, broke barriers and changed the lives of themselves and their families. Stories that are largely untold and unknown, and fascinating!

Mar 14 11am - 12pm Tu

Free



EVENTS CLASSES AND PROGRAMS


Police Talk with Officer Chris Cromwell

Join Officer Cromwell for a discussion about current events within the neighborhood. Be a part of the conversation, bring your questions and concerns.

Mar 15 11am - 12pm W

Free

Shopping with Melanie Berdyck!

 Join Giant's nutritionist for a virtual tour through each section of the store to identify items that can be included in a healthy, balanced diet. You'll also get answers to the top questions we typically get during our store tours, along with dispelling some shopping myths.

Mar 16 1 - 2pm Th

Free

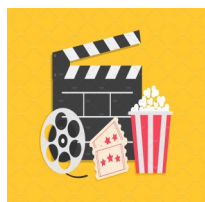


Movie: Mrs. Harris Goes to Paris


Based on a 1958 novel, this is a heart-warming story of a widowed cleaning lady in 1950's London. She falls madly in love with a designer Dior dress and makes it her mission to get one of her own.

Mar 21 1 - 3pm Tu

Free



Tasty Tidbits with Cheryl

 Hearty Grain Salads: Learn how to make grain salads packed with nutrients including fiber and protein to keep you full. It's the perfect quick dinner or lunch meal. Yum!

Mar 23 11:15am - 12pm Th

Free

AARP Smart Driver

Take the AARP Smart Driver classroom course and you could save on your Insurance. Refresh your driving skills and learn new rules of the road. Discover proven driving methods to help keep you and your loved ones safe.

Mar 24 10am - 3:30pm F

\$20 AARP members/\$25 non-members



Community Action Council

With gas, rent and food prices at all-time highs, finding resources that could help ease sticker shock has never been more valuable. Learn how the Community Action Council (CAC), a local agency, operates the Howard County Food Bank and sponsors 14 food pantries throughout the county. This multi-faceted organization provides Howard County residents with resources from food, early childhood to energy and housing assistance.

Mar 30 1 - 2pm Th

Free

Medicare Fraud Lunch and Learn

Join Howard County's SMP (Senior Medicare Patrol) for a lunch and learn about Medicare fraud.

This presentation and Q&A session will provide you with tips on how to protect, detect and report Medicare fraud, errors and abuse. Lunch will be provided by donation. Please register at the front desk or by calling 410-313-5192.

Mar 31 11am - 1:30pm F

Free



**Please reserve your spot for all programs with a front desk staff person.
Thank you!**

EXERCISE AND FITNESS

AgeWell

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to feel your best. Classes are conducted in the ElkrIDGE 50+ Center and are co-sponsored by the Howard County General Hospital.

No class 1/17, 1/19

Jan 3 10 - 11am Tu&Th

\$70 / 22 classes

[A05411.200](#)

Arthritis Exercise Class

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

No class 1/16, 2/20

Jan 4 2 - 3pm M&W

\$67 / 21 classes

[A05304.200](#)

Better Balance

This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required prior to enrolling. Please contact Rachel Filar at 410-313-6073 to schedule an evaluation or to learn more. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

No class 1/16, 2/20

Jan 4 1 - 2pm M&W

\$67 / 21 classes

[A05305.200](#)

Pilates

Pilates enhances flexibility and builds lean muscle, strength and endurance in the hips, back and abdomen. Strengthening these core muscles helps improve posture and balance. Please bring your own mat.

Jan 4 9 - 10am W

\$64 / 12 classes

[A05409.200](#)

Strength and Tone

Enhance full body strength and tone in this class using weights, bands, balls, and body weight exercises.

No class 1/16, 2/20

Jan 9 10 - 11am M

\$48 / 9 classes

[A05408.200](#)



Strength Training

Strength training helps increase muscle mass, metabolism, and strengthens bones. Build the strength you need to live an active healthy life! Please bring your own mat for floor work.

No class 1/20

Jan 6 1 - 2pm F

\$59 / 11 classes

[A05403.200](#)

Yoga: Advanced Beginner

Work on strength and stamina by holding poses for longer periods.

This class also has some flow and breath work elements. Please bring your own mat.

No class 2/22

Jan 11 10 - 11am W

\$64 / 10 classes

[A05453.200](#)



EXERCISE AND FITNESS

Yoga: Gentle

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat.



Jan 13 10 - 11am F

\$70 / 11 classes

[A05452.200](#)

Walking Club

Weather permitting, meet fellow members at the Center for a daily 1-2 mile neighborhood walk. Whether you prefer to stroll or power walk, everyone is welcome! Socialize in the lounge after the walk. Free.

Jan 3 9 - 10am M-F

Everyday, weather permitting

[A05412.200](#)

Always Available

Nutrition Consultations

First Thursday, 9:30 - 11am

Registered Dietitian, Carmen Roberts, is available for free nutrition consultations for members 60+. If you are under 60 years old, there is a \$55 fee due at the 50+ Center front desk on the date of your appointment

During this 30-minute session, the Registered Dietitian can answer questions about diet, nutrition, and the impact of food on your health.

Register at the front desk or use the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20nutrition&viewMode=list



For just \$75/year, Go50+ members can use the fitness rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the Glenwood, N. Laurel, and Roger Carter Community Centers. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KyvEPCNJZ8>

If you need an update on the status of your Go50+ membership or would like additional information, call the Center at 410-313-5192.

The Fitness Room is open:

Monday-Wednesday-Friday

8:30am-4pm

Tuesday & Thursday

8:30am-6:45pm

Fitness Room Orientation

Monday 3:15-4pm

Learn how to safely use the cardio and strength equipment with guidance from a fitness professional. Register at the front desk for an overview of the fitness room. Free

Coming soon...

Personal Training

Looking for some one-on-one guidance to help you reach your fitness goals?

A personal trainer just might provide you with the support you are looking for. Look for more details coming soon. Ask at the front desk or call 410-313-5192.



VIRTUAL CORNER



Virtual Groups. All groups are weekly unless otherwise noted. Pre-registration required to access link.

CAREGIVER SUPPORT GROUP

7:00 - 8:30PM (3rd Monday of the month, except for holidays, usually rescheduled)
For adult caregivers of adults. With a priority on caring for the caregiver, discussions include topics such as stress management, resources, and caregiving techniques.

MONDAYS - AGING WITH GRACE

Facilitators take a deeper look at what our later years bring, offer, and demand. Using Joan Chittister's book, "The Gift of Years", each session will explore topics on aging often not discussed. The book is included.

WEDNESDAYS - OPEN MIND GROUP

9:30 - 11:30am

In-depth discussion on topics drawn from the issues of today and country's challenges, in a collegial environment where all input is respected.

THURSDAYS - ON OUR MINDS

10:00 - 11:30am

Find camaraderie in a highly supportive group. Join the discussion on a range of topics from the news, member suggestions, or life experiences.

For registration information and the link, contact:
Karen Hull, HCOAI, 410-313-7466 (voice/relay).

email: khull@howardcountymd.gov.

Elaine Widom, 410-313-7353 (voice/relay);

ewidom@howardcountymd.gov

All participants must register through Active.net

Aging with Grace A20100.200

Open Mind Group A20101.200

On Our Minds A20102.200

Virtual Offerings

National Park Series: Great Dunes National Park

Thursday, January 12, 2pm

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9e8492847e79ba0c06abc013918698f6>

Meeting #2306 839 3715 Password: NPS4me!!

Join an education ranger from Great Dunes National Park to learn more about how the dunes formed, how they've changed, and their unique wildlife.

Maggie L. Walker - Black History Program

Thursday, February 2, 2pm

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdf520a663ab84094a74f9fa30c326a20>

Meeting # 2309 125 2303 Password: NationalParks!2

Learn about Maggie L. Walker, the first female and the first African American bank president.

Virtual Fitness Pass Information

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy 20 different classes per week, for only \$45 a month. Sign up for 3 months at a time for only \$120.

To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440. You can also sign up online at: <https://apm.activecommunities.com/howardcounty/> Search: Virtual 50+Virtual Exercise Classes.

Classes include: All-In-One, Balance, Barre, Cardio Kickboxing, Circuit Conditioning, Floor/Core/More, Pilates, Power, Seated Classes, Yoga, Zumba Gold®